

FACT SHEET

Influenza & Pneumonia in People With Diabetes

Receiving a vaccine against pneumonia and influenza (flu) is especially important for people with diabetes because they are at increased risk for complications from these illnesses. Each year, thousands of people with diabetes across the nation die with pneumonia or an influenza-like illness.

Risks for People With Diabetes

- People with diabetes are about three times more likely to die with pneumonia or influenza-like illness than people without diabetes.
- According to 2002 & 2003 Behavioral Risk Factor Surveillance System (BRFSS) data, 38.8% of all Missouri adults with diabetes are not immunized against influenza, and 49% are not immunized against pneumococcal disease, the most frequent causes of pneumonia.

Diabetes and Influenza

- Death rates among people with diabetes increase by 5-15% during influenza epidemics.
- The risk of hospitalization increases when additional risk factors exist, including diabetes and other risk factors like the presence of heart disease, renal disease, and older age.

Diabetes and Pneumococcal Disease

- People with diabetes are more likely to be hospitalized or die from pneumococcal disease than those without any risk conditions.

General Statistics

- During the 2003-2004 influenza season, there were more than 17,500 reported laboratory-confirmed influenza cases in Missouri.
- During the 2003-2004 influenza season, more than 3,000 Missourians died due to influenza and pneumonia.
- In 2002, more than 1,600 Missourians were hospitalized with a primary diagnosis of pneumococcal pneumonia and/or influenza in Missouri.
- Persons with diabetes, age 25 to 54, are four times more likely to die from influenza or pneumonia than people of the same age who do not have diabetes.
- People who are at high risk of influenza complications and should get a yearly influenza immunization include: anyone with a chronic or long-term health condition such as diabetes, heart disease, and asthma; adults age 50 or over; infants age 6 months to 23 months; women who will be pregnant during the influenza season; and health-care workers.
- Household contacts or caregivers of adults or children at high risk should also receive a yearly influenza immunization.



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